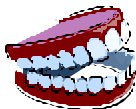


Benefits of Quitting

- Cuts your risk of cancer of the mouth and throat in half.
- Reduces your risk of high blood pressure, heart attack, and stroke.
- Reduces your risk of gum disease and tooth loss.



Be a Quitter

Call the toll-free South Dakota QuitLine for free help when you decide to quit. With coaching you are twice as likely to quit tobacco.

It's free, it's confidential, and it works!



Looking For More?

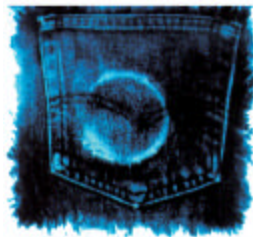
Visit the following web sites for more information on spit tobacco:

SD Department of Health
www.state.sd.us/doh/tobacco

Centers For Disease Control
www.cdc.gov/tobacco/ets.htm

Spit Tobacco Education Program
www.nstep.org

Branded?



Tobacco Control Program
615 E 4th Street
Pierre, SD 57501

Not a Safe Alternative

Spit, also known as chewing tobacco or snuff, is not safer than smoking.

Spit contains some of the same harmful chemicals that are found in cigarettes.

A pinch of tobacco held in your mouth for 30 minutes delivers as much nicotine as three to four cigarettes.

Nicotine has been shown to be as addictive as heroin and cocaine.

Deadly Ingredients

Spit tobacco contains 28 chemicals known to cause cancer. Some of these well-known ingredients of spit include:

- Formaldehyde (embalming fluid)
- Nickel
- Nitrosamines
- Radioactive Polonium-210
- Arsenic (poison)
- Cadmium (car batteries)
- Benzopyrene



Get the Facts

- Tobacco use causes 75% of mouth and throat cancers. Only half of the people with oral cancer are alive five years after the diagnosis.
- Long-term spit users are up to 50 times more likely to end up with cancer of the cheek and gum.
- Spit tobacco use may cause your heart rate to increase and raise your risk for a heart attack or a stroke.
- Teens who use spit tobacco are more likely to become cigarette smokers.



Definitely Not Harmless

Spit tobacco increases your chance of:

- Cancer of the mouth and throat
- Cancer of the stomach and pancreas
- Gum disease and tooth loss
- Stained teeth
- Bad breath



You Can Ditch the Spit!

Do you want to quit? Here are a few tips to help you along the way:

1. Make a list of reasons to quit. Keep these in mind to help you make it through tough times.
2. Build a *Quit Team*: your friends, family, doctor and dentist. Let them know you're quitting and when so they can help and support you.
3. Set a *Quit Date*. Don't put it off. Mark a quit date on your calendar that's no more than two weeks from when you decide you're ready.
4. Notice when and where you dip. Plan other things you can do at those times.
5. Make your *Quit Day* different and special. Change your routine, exercise, drink lots of water and do something special for yourself.
6. Don't give in to cravings. These usually last for only 3-5 minutes.